



Emergency 72 hour Kit:

Basically you need to have a duffle bag, or some kind of backpack, or bags, packed that you could grab it in an instant. Whether it is a house fire, an earthquake or an emergency evacuation, having a bag prepared can help save your life or, at the very least, provide you with supplies to last 72-hours. Each family member (even pets and kids) should have their own.



Update your emergency kit every six months to ensure that all food, water and medication are fresh (not expired), all clothing fits, personal documents and credit cards are up-to-date and batteries are charged.

Small toys/games are important, too, as they will provide some comfort and entertainment during a stressful time. It is very important that these items be placed in a container that can be both easily stored and easily carried. A waterproof duffle bag or a large backpack would be ideal. You can include any other item(s) you feel are necessary for your family's survival.

Food and Water

(A three-day supply of food and water, per person, when no refrigeration or cooking is available.)

- Protein/Granola Bars
- Trail Mix/Dried Fruit
- Crackers/Cereal (for munching)
- Canned Tuna, Beans, Meat, Vienna Sausages, etc. (*'Pop top' cans that can be opened without a can opener are ideal. Conversely, military Meals-Ready to Eat (MREs) offer full meals, including a main entrée, a side dish, dessert, beverage powder. Canned Juice*
- Candy/Gum
- Water (1 gallon / 4 liters per person). *Sealed packets of water are available for purchase through emergency preparedness suppliers and personal water purifiers that contain a microbial water purification cartridge that removes approximately 99% of waterborne cysts and protozoa, as well as waterborne bacteria and viruses. If these are difficult to acquire, at a minimum you should carry a three-day supply of water purification tablets with you, as well as some type of water bottle or thermos.*

Bedding and Clothing

- Change of clothing (short- and long-sleeve shirts, pants, socks, jackets, etc.)
- Undergarments
- Raincoat/Poncho
- Blankets and Emergency Heat Blankets and Cloth and Plastic Sheet

Fuel and Light

- Battery Lighting (Flashlights, Lamps) and extra batteries
- Flares
- Candles
- Lighter
- Waterproof Matches

Equipment

- Can Opener, dishes/utensils
- Shovel and ax
- Radio (with batteries)
- Pen and Paper
- Pocket Knife and rope

Personal Supplies and Medication

- First Aid Supplies
- Toiletries (*For a roll of toilet paper, remove the center tube to easily flatten the tissue to fit in a Ziploc bag. Also include feminine hygiene products, which can be used as bandages or to plug wounds in an emergency.*)
- Cleaning Supplies (A small bottle of hand sanitizer, soap, shampoo, dish soap, etc.)
- Up-to-date Immunization Cards
- Medication (Acetaminophen, Ibuprofen, children's medication, antacid tablets, etc.) and prescription medication (A 3-day supply.)

Personal Documents and Money

(Place these items in a waterproof container.)

- Legal Documents (Birth/marriage certificates, wills, passports, contracts, etc.)
- Vaccination papers
- Insurance policies
- Cash
- Credit cards (Be sure to have at least two. If one doesn't work for some reason, you will have a back-up.)
- Pre-paid phone cards. (*It is also a good idea to create a wallet-sized card on which home, work and cellular phone numbers are listed for both immediate and extended family members. This card can be laminated, and a copy can be given to all family members listed to be kept in their wallets in case of emergency*)